**Grades 6-8 Physical Education**

**Class Preparation**

Shorts or sweats – no jean shorts- **Shorts must not be shorter than 4 inches from the top of the knee (they will be measured if questionable)**

Shirt or sweatshirt – no tank tops – no midriff showing

White socks & tennis shoes – shoes must not mark the floor & shoes must be tied the way the physical education teacher explains. This is for your own personal health & safety.

**Participation**

Everyone is expected to dress for physical education class every day. You should play correctly & energetically for the full class period. Also: each student should have knowledge of the rules & strategies for each activity. You should take care of equipment & personal belongings (this means laundering clothes at least every other week!)

**Attitude**

Attitude is everything!! Each student should maintain good conduct, display courtesy & respect toward teachers & peers, put forth effort in class, avoid horseplay & do not swear. (A student may have to go to the office or do push-ups if caught swearing – it is up to the physical education teacher to decide the consequence).

**Sportsmanship**

Each student should play the game fairly, abide by the rules, not complain about the officiating & not criticize other players for their mistakes. Be a team player!!

**Grading**

Each day students are given a daily grade up to 4 points (A). Based on how that student participates and behaves during class, he/she may lose points. The daily participation grade makes up 25% of your total grade at the end of the quarter for 7th & 8th grade students. The following are ways that you could lose daily points:

Absent- lose 4 points until make up work is completed & turned in (2 days after each absence) No gym clothes – lose 4 points until make up work is completed & turned in 2 days after Chewing gum- lose 1 point , unless you are asked to throw it away & decide to keep it in your mouth, then more points will be lost

Tardy- lose 1 point

Wearing jewelry – lose 1 point

Leaving class early without permission- lose 4 points

The other 75% of your total grade for 7th & 8th grade is comprised of 3 areas:

25% skills grade

25% written test grade

25% attitude

The 6th grade will be graded a little differently because they do not take written tests.

This year 6th-8th graders will have to write a paper (1-2 pages) at the end of each semester. It will have to have at least 2 sited sources and cannot be copied and pasted. The grade will be part of the 25% written test grade in your total grade calculation. This is a great opportunity for some of you to bring up

poor tests scores if needed. The paper should be written on one of the units that were covered during that semester. If you have questions on what to write about you may ask your teacher.

**Clothing**

We will have clean, laundered clothes & some shoes available for those students that forgot their gym clothes. The student may choose clothes to wear for the day & then return those clothes after washing them as soon as possible. In the past, we have had problems with the return of some of these clothes. Please make sure that you return them so others may use them. **If you refuse to wear the clothes available, you will receive 0 points for the day and must turn in make up work to earn your points back. Dressing for class is part of your responsibility in being prepared for physical education class, just as a paper and pencil would be in your other classes.**

**Make Up**

The student may make up absences (excused & unexcused) by:

1. Working out in the weight room in the morning with Mr. Reichardt (when available) 2. Walking in the gym at 7:30 A.M. with Mrs. Kueber (when available)

3. Writing a page on anything health or fitness related

Most make up work is due 2 days after each absence, but all make up work must be turned in before the end of each quarter to receive any points for it.

**Excuses**

Parental Excuses (in phy.ed. class only –when students are in school): 2 parental excuses in a row will be accepted, after that a medical excuse is required.

Medical Excuses will only be accepted from a doctor or from the school nurse if she feels the student should not participate that day. Make up work will be assigned during this time.

\*There is no gum, food, or beverage allowed in the gym or locker room.

\*Showers are optional, but highly recommended after strenuous activity. The student must supply their own towel. Everyone at the very least should have deodorant in their locker and use it during/after physical education class.

Please fill out the bottom of this sheet & return it on the next day of class to your teacher.

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Student signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Emergency Information**

Home phone#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Work phone#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Best time to be reached\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Any medical problems \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_